

REGISTRATION FORM

CULTIVATING RESILIENCE IN CHALLENGING TIMES

Resourcing Yourself in Nine Different Ways

Saturday April 24 & Sunday April 25

9:00am—4:00pm

ON-LINE ZOOM

*Sponsored by N'Shama Sterling  
SterlingDynamics, Inc.*

***(please print!)***

Name \_\_\_\_\_ Type \_\_\_\_\_ Subtype \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_

(mobile) \_\_\_\_\_

E-Mail \_\_\_\_\_

Willing to be panelist? YES \_\_\_\_\_

NO \_\_\_\_\_

**Enter participant fee due:**

Workshop Registration Fee \$245 \_\_\_\_\_

Early Bird fee (deadline April 8) \$195 \_\_\_\_\_

**You may pay in various ways. Check, Venmo, Zelle, Paypal (add \$5)**

**Please complete registration form and make payment to:**

N'Shama Sterling  
4015 NE 113th Street  
Seattle WA 98125